

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

From the Heart
Stitchers Gathering and Pot
Luck Lunch

June 3, 2009
At home of
Lois and Russ Moore
1425 Crawford Wood Place
Midlothian, VA 23114

Bring a dish to share
Beverages, plates and utensils
will be provided.

Bring your stitching and be
prepared to relax, eat and
enjoy the company of your
friends.

Come as early as 10 and stay
as late as you like!

Contact for more info:
Lois 804-305-4971
Email: lois@ftheart.net

Urgent Needs:


The weather is getting warmer and we have lots of people needing hats. We **desperately** need cotton and cotton blend chemo hats...**lots of them!** We need hats for toddlers, older children and adults. They are usually cotton or light weight acrylics. Remember that we need colors which are suitable for boys and men as well as the wonderful ladies hats. Even if you only have the time to make one hat that is one more person we are able to help. Stop by the shop for supplies. Be sure to check the website or the shop for patterns if you need one.

Inventory Totals

Do you ever read the inventory totals in the newsletter and think about the number of people's lives we touch? Do you realize what a difference every item you make has? If you look at the total number of items donated since From the Heart started in 2002 (just 7 years ago) it would be enough to put 6 items in every seat at the Richmond coliseum with almost 2,700 extras. When you put it in a perspective like this, it is something you can visualize. Hopefully you realize what a big difference every item makes. Whether you can do one item a month or ten, we need each and every one of them. Thank you for all you do and be sure to read on...

Guest Book

As many of you have seen we have a new website as of December 2008. One of the things that changed is our new Guest Book. The website has a link for someone who wants to sign our Guest Book. The link allows you to send an email to our webmaster (Jackie Jones) and she gets permission before posting the comments. There are over 100 members who receive their newsletter by US mail instead of by email. For those of you who get the paper newsletter and those who do not see our website, we thought you might like to see what people are saying in the Guest Book. Many of these are from recipients of the wonderful items you make.

 I received a prayer bulb bag holder and a prayer seat belt pillow upon discharge from my 2nd breast surgery; with auxiliary nodes removed this go around at UVA. Sounds like the pillow will come in handy when I get my chemo port too. Thank you for praying in advance and making these gifts available with prayer to boot. There is power in prayer. My pathology from this surgery came back clean, and I am recuperating extremely well from this go around. God is Good! *Love in Christ, Cheryl from Waynesboro, VA*

Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Gail Patrick is the June Scheduler. Contact her at 804/347-9747 to volunteer for a shift.

New Calendar

Visit the new calendar of monthly meetings on our web site. Locations are included in a comprehensive listing by address.

www.fromtheheartstitchers.org

Donation Inventory Numbers

Previous Total

Mid 2002 – 2008: **55,979**

2009

Jan-April 5,648

May 1,064

Grand Total

62,691

♥ Just wanted to thank you so very much for the "comforting blanket" that was given to my brother who was in MCV hospital recently (March 2009). One of his daughters found much comfort in holding the blanket close to her heart as her father passed. She said that she will forever keep the blanket. Bless you for all your kindness. *The Harrison Family*

♥ Less than two weeks ago I received a diagnosis of advanced breast cancer. Today I had a "port" surgically implanted near my collarbone so I can begin chemotherapy. The car seatbelt falls right across the port. Our "Cancer Navigator" here in Fredericksburg gave me a small, thin pillow that's perfect to place between the port and my seatbelt. It really makes the seatbelt more comfortable and less painful. The pillow was handmade and donated by your group and it's really a blessing. I'm sure I'll use it every time I'm in the car for as long as I have this port (maybe up to a year). Although I don't know the individual that made the pillow there's no doubt it's an angel. Thank you for making my difficult journey a little easier. Please pass along my gratitude. God bless you all. *Vicki Taylor*

♥ Hi! I was the recipient of one of your wonderful gifts when my daughter was born in 2006. The time and love given to knitting the hat really moved me. Thank you! *Ashley Rhodes*

♥ I've enjoyed getting to know all the wonderful people in this group. I've been knitting for from the heart since 8/05. In this time I've been able to learn new things and help others learn too. I'm so happy to have found this community. Everyone is so supportive of each other. *Jackie P. in Henrico, VA*
<http://knitterwithcritters.blogspot.com>

♥ This is a wonderful way to use your God-given abilities...and benefit lots of people. You're giving a gift that will warm their body but also warm their heart...that's really reflecting God's love. It's great to see your organization growing so rapidly. I'm going to tell my mother (who loves to knit) about your organization...I think she'd love to help. *Pat (Richmond, VA)*

♥ What an amazing thing you guys are doing! I have been involved in several organizations, but this one really comes "from the heart." I admire you for the giving of your time, using your talents, and your energy... in helping so many. May God continue to bless each one of you. *Jackie J. (Richmond, VA)*

New Patterns

Some of our talented knitters and crocheters create their own patterns. If anyone has an easy pattern they would like to share with our group email it to Lois at lois@ftheart.net and it can be posted on the website and added to the next newsletter.

New Patterns on our website

We have included new crocheted patterns to the newsletter again this month. Be sure to check out the website as we have organized the patterns by knitting and crocheting. You will find new patterns there for both knitting and crocheting. We are hoping to continue adding new ones so if you have some we can add please send them to lois@ftheart.net.

New Group needing our help

We have a new group that we will be assisting. We will be collecting full term newborn baby hats as well as blankets and outfits for the next 6 months in order to be able to help with the needs of the new-to-be-opening Northern Neck Family Center being established by Rappahannock Westminster Canterbury (RWC) in December 2009. This will be quite an undertaking since we do not want to short any of the locations we are already supplying. As a reference, newborn hats should be the size to fit a grapefruit! Whatever you are able to make will be greatly appreciated.

Men's Sleep Caps

During a conversation with the coordinator of Massey' Magical Touch Wig Salon I learned that more male chemo patients are opting to have their heads shaved before starting their treatments. These men quickly discover just how cold their heads will be without hair. We have received a request for 'skull cap' style hats for these patients. They do not want a turned up cuff resembling a winter hat. They prefer either dark solid colors or NFL team colors. They would like them to be soft and comfortable enough to use when sleeping as well.

We are working on knit patterns to fill this request but I'm sure a number of you already have patterns you could adapt to fill this need. You will find a crochet pattern at the end of the newsletter. It appears something about 6 or 7 inches tall would work well. If you choose to make some of these hats could you please attach a little note indicating it is a "Man's Sleep Cap"? We will collect them at the shop as usual and deliver them directly to the wig salon as they come in.

Fun Sundays are a big hit!

On Sunday May 24th a great crowd of almost 20 gathered at the shop for knitting and sitting but most of all fun. No shop-work is required or even encouraged to be done. The hostess was Sandy Morrison whose only task was to open the door, greet and close up. The shop was opened from 2 until 5. The Stitchers stayed as little or as long as they wanted. The next Fun Sunday is June 14 with Susan Hall as hostess. So come one or come all. You'll have a ball!

From the Heart



Lois Moore, Founder
** From the Heart **
A 501©3 Non-profit Organization
www.fromtheheartstitchers.org



SAVE THE DATE!
September 19, 2009



4TH ANNUAL From the Heart RETREAT
"CARING FOR THE COMMUNITY"

Imperial Plaza
1717 Bellevue Avenue
Richmond, VA

Registration fee of \$25.00 includes:

Continental Breakfast ~ ~ ~ Box Lunch ~ ~ ~ Afternoon Snacks
Door Prizes ~ ~ ~ Goodie Bags

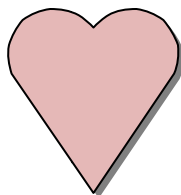
Featuring:

IDEAS FOR 'ECO-STITCHING'
KNITTING AND CROCHETING CLASSES
Presentations by FTH recipient organizations

Raffle and Silent Auction

~ ~ DETAILS TO FOLLOW ~ ~

Watch the From the Heart website for updates!



Men's Skull Cap

Designed by Pam Greswolde

Approx. 2 oz. Cotton or cotton blend and H hook.

Ch. 4, join in round with sl st.

Round 1: Ch 3, 15 dc in ring (16 dc)

Round 2: Ch 3, dc in same st, 2 dc in each dc around (32 dc)

Round 3: Ch 3, dc in same st, *(dc in 3 dc, 2dc in next dc) repeat from * around ending dc in 3 dc, slip st to beginning st. (40 dc)

Round 4: Ch 3, dc in same st, *(dc in 4 dc, 2 dc in next dc) repeat from * around ending dc in 4 dc, slip st to beginning st. (48 dc)

Round 5: Ch 3, dc in same st, *(dc in 5 dc, 2 dc in next dc) repeat from * around ending dc in 5 dc, slip st to beginning st.(56 dc)

Round 6: Ch 3, dc in same st, *(dc in 6 dc, 2 dc in next dc) repeat from * around ending dc in 6 dc, slip st to beginning st (64 dc)

Round 7-11 : ch 3, dc in each dc around

Round 12: ch 1, sc in each dc around.

Round 13-16: ch 1, sc in each sc around. Weave in end.

Note:

Depending on how loose or tight you crochet; you may want to vary the hook size by using one size smaller or larger.

Shells Baby Afghan

Copyright 1994 - 2007 Beverly A. Qualheim
All Rights Reserved

I made this baby afghan for my youngest daughter back in 1994, and I put a soft piece of flannel on the back to make it even warmer! * It turned out so beautifully!
(To adjust size, use multiples of 6 chains plus 1.)

Size 40" x 36"
Size I hook

You need about 24 oz soft worsted weight yarn, like Simply Soft, scraps work fine, looks really pretty in variegated yarn too.
Gauge: 5 rows = 4 inches

Chain 145 (To adjust size, use multiples of 6 chains plus 1.)

Row 1: Work 3 dc in the 4th ch from the hook. *Skip 2 ch. Sc in the next ch. Sk 2 ch, then work 5 dc in the next chain.*

(This = shell.) Rep from (*) across row, end row with sk 2 ch and 1 sc in last ch. Ch 3, turn.

Row 2: 3 dc in 1st sc. *1 sc in the center dc of the next shell, make 1 shell of 5 dc in next sc. *

Rep the sts between (*). End with 1 sc on top of turning ch. Ch 3, turn.
Repeat Row 2 till blanket measures desired length. Fasten off.

* Attaching the FLANNEL BACK and EDGE

Fingering yarn
size 5 steel crochet hook

Cut flannel about 1/2" large all around than your afghan. Tuck the edge of the flannel under and iron to hold flat. Place the flannel on the back of the afghan, you can pin together if you wish. Put hook through both layers-- (afghan and flannel that has the edge tucked under) sc around the blanket using fingering yarn. Join with a sl st, then chain 6 and sc in the 3rd sc from that chain. Ch 6 again, and sc in 3rd sc from that chain. Do this all the way around. I even did it on the corners and those worked fine although you could make 3 such chains closer together on the edges if you want.



From the Heart Newsletter

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Buford Rd Pharmacy 6:30-8:30 pm Episcopal Church of Our Savior 10 – noon Park @ Ridgedale 2-4 pm	2 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon	3 The Virginian Retirement Center 2 – 3 p.m.	4 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon 6:30-8:00 pm	5 Starbucks, north end Huguenot Bridge 11 am 1:30 pm	6 Starbucks Oxbridge Square 10 – noon Atlee Angels Atlee Library 1-3 pm
7	8 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	9	10 The Virginian Retirement Center 2 – 3 p.m.	11 Chamberlayne Hts United Meth Church 1:30 – 3 p.m.	12 Starbucks – Huguenot 11 am 1:30 pm Kay Berrey Group 4-6 pm	13 Louisa Group Louisa Library 10 - noon
14 Fun Day 1114 Westbriar Dr 2 p.m.	15 Buford Rd Pharmacy 6:30-8:30 pm Episcopal Church of Our Savior 10 – noon Park @ Ridgedale 2-4 Atlee Angels Atlee Library 6:30 pm	16 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon Francesca Parch Powhatan 6:30 Tuckahoe Library	17 The Virginian Retirement Center 2 – 3 p.m.	18 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon 6:30-8:00 pm	19 Starbucks - Huguenot 11 am 1:30 pm	20 Starbucks Oxbridge Square 10 – noon
21	22 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	23 Louisa Group Hardees 7 p.m.	24 The Virginian Retirement Center 2 – 3 p.m.	25	26 Starbucks - Huguenot 11 am 1:30 pm Kay Berrey Group 4-6 pm	27
28 Fun Day 1114 Westbriar Dr 2 p.m.	29 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	30 Summerhill Retirement 1:30 pm				

June 2009

Name	Address	City	Day of Month	Time of Day
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 1st	1-3 pm
Atlee Library	9161 Atlee Rd	Mechanicsville	Monday 3rd	6:30-8:30 pm
Buford Road Pharmacy	2608 Buford Road	Richmond	Mondays 1st, 3rd	6:30-8:30 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Rd	Richmond	Thursday 2nd	1:30-3 pm
Colonial Heights Senior Ctr	157 Roanoke Avenue	Colonial Heights	Wednesday Every	10 am-noon
Episcopal Church of our Saviour	4000 Stigall Drive	Richmond	Monday Every	10 am-noon
Francesca Parch		Powhatan	Tuesday 3rd	6:30 - 8:30pm
From the Heart	1114 Westbriar Drive	Henrico	Tuesday every	10 am-2 pm
From the Heart	1114 Westbriar Drive	Henrico	Thursday every	10 am-2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am-2 pm
Hardees	413 East Main St	Louisa	Tuesday 4th	7-9pm
Kay Berry		Powhatan	Friday 2nd, 4th	4-6 pm
Louisa Library	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am-noon
Panera Bread	12540 Jeff Davis Hwy	Chester	Tuesday 1st, 3rd	10 am-noon
Mall Group @ Chesterfield Towne Center	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	9 am-noon
Mall Group @ Chesterfield Towne Center	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	6:30-8:30 pm
Park at Ridgedale	5001 Ridgedale Pkwy	Richmond	Monday Every	2-4 pm
Starbucks	5001 Huguenot Rd	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Rd	Richmond	Saturday 1st, 3rd	10 am-noon
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Tuesday Last	1:30-3:30pm
The Virginian Retirement Ctr	300 Twinridge Lane	Richmond	Wednesday Every	2-3 pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30-8:30 pm